



# Inside APC...

Issue No: 8 – May 2010

"ENewsletter from APC Prosthetics"



## Welcome to the 8<sup>th</sup> Edition of our Newsletter.

Since the last Newsletter our staff has had a hectic time with educational duties. While ongoing education is required for professional accreditation, it is also a good chance for the staff of APC Sydney and Newcastle to get together and catch up. This provides a great networking opportunity for our new staff members and it puts a face to someone on the phone when drawing on the knowledge or resources from the other facility.

Tony Morrow from APC Hunter will be retiring in July (see profile in following pages). Tony will be missed by his many clients who often refer to his great empathy and patience. With the retirement of Tony, APC Hunter would like to welcome Paul Nixon and Vala Dis Birgisdottir to our team. Both come to us with varied experience and special interests. Paul and Vala have been working closely with Tony over the last few months and have enjoyed a smooth transition period.

It is great to be involved with students currently on placement in our facilities. To have a different perspective is refreshing and quite often the most experienced prosthetist can learn from the right-phrased question. We look forward to a long association with the university and students that visit our facility. Please enjoy our Newsletter.

*Ian Robertson  
APC Prosthetics (Hunter)*

## Inside This Issue

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## Team Profile – Stefan Laux

### What is new in your life?

I have two sons; the youngest is only ten months old so there's plenty of fun and work in our house these days

### What do you get up to outside of work?

I've been trying to get to the gym but family life takes over sometimes... mostly I settle for a game of football in the backyard with my eldest (4yo).

### How long have you been involved in Prosthetics and Orthotics?

I started my training in Germany in 1995, and I've been working with APC for over seven years now.

### What do you enjoy about prosthetics?

Every patient is different so no two days are the same. Finding what works best for every individual and making a difference to a person's life is very rewarding. The other part that I enjoy is using the latest technology and making the most out of it for my patients.

### What do you see the future bringing?

There have been great advances in knee technology and upper limb prosthetics in the last couple of years. The future in these two areas looks very exciting.



## Technology updates to bring you better results

APC Prosthetics has recently acquired some exciting new equipment - the Siliconcoach Video Analysis System, Compas™ (Orthocare Innovations) and L.A.S.A.R Posture (Otto Bock Healthcare), which will help the prosthetists maximise socket fit, prosthesis alignment and amputee gait, as well as being a useful educational tool for new prosthetists and students. This equipment will also be an integral part of the many new research activities beginning at APC.



Siliconcoach Video Analysis Station

Siliconcoach is a video analysis system designed for analysing movement and providing feedback in a variety of areas including sports, education, rehabilitation and now prosthetics. This system allows us to capture 'live' video footage of amputees walking from two cameras (front and side view). The Siliconcoach software analyses the footage and allows it to be viewed in either slow motion or frame-by-frame. The software also includes measurement tools which measure time, angles, distance and speed. The Siliconcoach system provides important gait information to the prosthetist, immediate visual feedback for amputees and will be useful in specialised physiotherapy exercises and gait training.

The Compas™ is also a gait analysis tool which allows the prosthetist to use real-time gait analysis data to optimise prosthesis alignment for each individual. The Compas software collects and interprets data collected from a patient walking with their prosthesis and provides information to the prosthetist, including recommended adjustments to the prosthesis in order to improve the walking pattern.



Compas (Orthocare Innovations)



LASAR Posture (Otto Bock)

The LASAR Posture (Otto Bock Healthcare) is a force sensing platform that projects a laser line to visualise the position of the amputee's centre of gravity line. Understanding the position of this line helps prosthetists optimise the standing alignment of lower limb prostheses.

This new equipment, located in the gym at APC, will be valuable for both amputees and prosthetists, and will begin to be used more regularly in the very near future.



## Topic: ISPO – The 13<sup>th</sup> World Congress of the International Society for Prosthetics and Orthotics – May 2010, Leipzig – Germany.

A core group of APC Prosthetics personnel recently attended the ISPO world congress in Leipzig, which coincided with the world's largest prosthetics exhibition show. There were about 600 exhibitors from around the world and there were more than 15,000 delegates from all corners of the world.



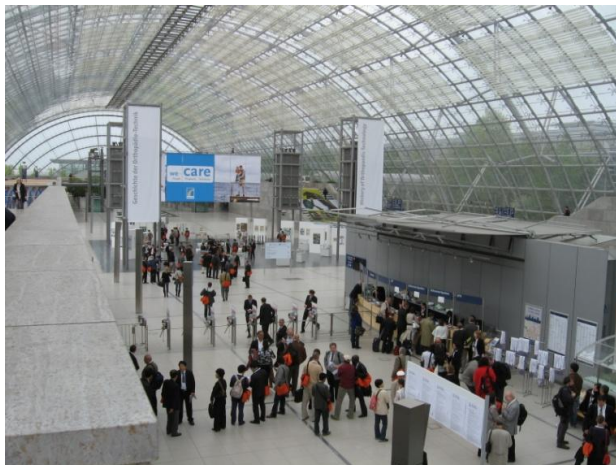
The New Otto Bock Genium Knee

It was a chance to see and learn about the latest technology – as I mentioned the advances in knee technology are impressive. The new Otto Bock Genium knee joint anticipates movement of the user based on information fed back from a myriad of sensors incorporated in the knee. This will help to make walking safer and easier.

Various prosthetic manufacturers also presented their new upper limb prosthetics with advances in myo-electric technology – these gizmos give users a lot more scope in picking up and using objects.

APC Prosthetics staff were also very keen to see the high definition silicone prostheses that focus on aesthetics as well as function.

All in all the week was exceptional and we're looking forward to the next World Congress in Hyderabad, India in 2013.



ISPO Conference - Leipzig, Germany 2010



Cathy Howells & Dr David Millons at the ISPO Conference - Leipzig, Germany 2010

## An 8 week Clinical Placement with APC Prosthetics

La Trobe University Student – Gabriella Salemmme



Hello, my name is Gabriella Salemmme. I am a student from La Trobe University and have joined APC to complete my final clinical placement before graduating as a Prosthetist/Orthotist.

Over the course of the placement, I was given the opportunity to be involved in the assessment of patients, fabrication of prosthesis, fitting and reviewing patients as well as participating in the various clinics attended by APC.

It is safe to say, my prosthetic knowledge has been greatly expanded in terms of socket designs, suspension systems, knees, feet, hands and their appropriate applications, good socket fits, bad socket fits and varying patient needs, but the thing that I will take away and that will stay with me, is the importance of establishing a relationship with the patient.

Not having had much experience in Prosthetics until this placement, I am a little bit amazed at the impact the placement has had on me. Seeing the difference that APC make to each and every person's life, has inspired me to hopefully continue in the path of prosthetics and for this, I would like to say a big thank you to all the Prosthetists, Technicians and the Administrative staff for teaching me for the last eight weeks and for giving me a reason to like Prosthetics!

I should also thank the team at APC, I have learnt so much more than I thought I would – not only in applying the theory taught at university into a practical situation but also patient interaction.

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## International Placement at APC Prosthetics – Northmead

Christoph Walther - Technician

After finishing my vocational training as an Orthopedic Technician I was looking for some distance from Prosthesis and Orthopedic devices. In order to try something different I started travelling in September '09 and I came to OZ as a Backpacker to get a break of the everyday life back in Germany... I was fortunate enough to get the opportunity to start at APC as a Technician But it didn't take long to realize once again how great this profession really is. Thanks for being so trusting, supportive and easy going...Easy going... is what I love about OZ and APC. Everybody is so welcoming and just nice!

I am not only glad to work in a beautiful and exciting country where you don't have to care about the weather because it is just always sunny but also in a friendly and outstanding work environment.

I have been working here for 4 months mostly as Cameron Ward's second hand in the workshop and it really became more for me than just a relationship between prosthetist and technician. I want to say thanks to you mate for all the things you have done for me! Also Cheers to Dave, Richard, Stephanie, Michael, David, the other Dave and Tim! I really appreciate how understanding you guys have been and how patient you are with all my questions. However, that's the reason why I could learn so much in such a short time and I am pretty sure that my time at APC will be a large stepping stone which will benefit the rest of my career!

I definitely will never forget the awesome time I had with you guys and its going to be hard to say good-bye. Sincere thanks are given to all!

## LATEST NEWS



### Happy Retirement Tony

Tony Morrow will be retiring from APC Prosthetics (Hunter) Pty Ltd at the end of June 2010 after almost 30 years in the industry.

Tony commenced working with Department of Veterans Affairs in 1981 where he remained for 16 years, before spending the past 13 years in the private sector. Tony has been involved in service provision at the rural clinics at Wingham and Tamworth Hospitals, as well as the Newcastle and Hunter Valley area.

He is a valued team member and will be sorely missed by amputees, colleagues and people within the industry.

### Welcome to our New Team Members

**Michael Storey**  
Prosthetist  
APC Prosthetics,  
Northmead

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**Vala Dis Birgisdottir**  
Prosthetist  
APC Prosthetics (Hunter)

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**Paul Nixon**  
Prosthetist  
APC Prosthetics (Hunter)

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### Trophy Hunter



In March Michelle from APC Prosthetics (Northmead) was invited to take part in the Halliday's Point Social Triathlon Group from Redhead who formed a team called "Redhead Roar" in the Mid North Coast Dragon Boat Regatta held at Taree, NSW. Despite having only two training sessions the team took out the community team section against 13 other teams and achieved the fastest time beating the other professional sports teams on the day.

Well done Michelle!

*It's a Boy!*



*Congratulations to Kelly from APC Prosthetics (Hunter)  
On the safe arrival of your beautiful new son  
"Shannan"*

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